



Service Priorities and Programmes Electronic Presentations

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Quality Impact on Expressive Art Group in the journey of Recovery in Mental Health Service Setting

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Keywords:

Art

Introduction

Art is a universal and boundless platform for creation and communication. Expressive Arts have long been used to promote psychological health and social support. There is evidence that art-based interventions are effective in reducing adverse physiological and psychological outcomes. (American Journal of Public Health, 2010 Feb)

Objectives

#NAME?

Methodology

The project of the use of Expressive Art in our ward enables patients to unearth and realize their strengths, promote concentration to their inner re-sour of quality of life. It is the kind of mutual resonance experienced as connectivity, unity, understanding, support, empathy and acceptance that can contribute greatly to creating a sense of psychological healing.

Art Cafe is a place created inside the Visiting Room for patients to join the Expressive Art Group voluntarily. There were totally 8 sessions with 1.5 hour per week. Two nursing staff responsible the program and 6 patients with depressed mood and self-esteem disturbance participated.

Result

There was a sense of trust and harmony among the participants after the program. Both nursing staff and patients found significant changes among themselves. The program not merely engaged patient's leisure time, it provided an opportunity for them to self-exploration by sharing their happiness and enjoyment. The group also created the atmosphere of safety, protection, love and nuturing warmth in the hope of people. Evaluation forms were collected from 6 participants with positive feedback. The outcome was encouraging. Their valuable feedback and appreciation really impressed us very much. The use of Expressive Art Group served the purpose to support in the journey of recovery to psychiatric patients and has remarkable impact on their quality of life.